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Written on JANUARY 3, 2012 AT 8:32 AM by PROSS

# Naval Hospital Jacksonville Hopes To Reverse Alarming Obesity Trend (Part 1 of 3)

Filed under UNCATEGORIZED

(2 COMMENTS)

By Tami Begasse, Naval Hospital Jacksonville Public Affairs



Naval Hospital Jacksonville is working to reverse the obesity trend in the U.S.

“Obesity is a chronic, relapsing medical condition that eventually kills,” said Naval Hospital Jacksonville Public Health Director, Capt. Joe McQuade.

Obesity is the leading cause of premature death in the United States – surpassing smoking. Helping people understand the associated risks and the available resources to help reverse this trend is paramount to staff at Naval Hospital Jacksonville.

“The rate of obesity is going through the skyline,” said McQuade. “Sixty-four percent of Americans are overweight – 72 million are obese.”

The Centers for Disease Control and Prevention show trends in obesity and tobacco moving in opposite directions over the past 15 years. While smoking rates have declined by 20 percent, obesity rates have increased by almost 50 percent. Obesity is an epidemic in the U.S. with approximately 30 to 40 percent of the total population in this category. For Floridians, about 25 percent are obese. And the problem is growing at an alarming rate among children, affecting one of every three in the U.S.

“Over the past three decades, the childhood obesity rate has more than doubled for preschool aged children and adolescents and more than tripled for school aged children,” said McQuade.

Obesity – a concern of health, not appearance – puts people at risk for many diseases and conditions including coronary heart disease, hypertension, stroke, type 2 diabetes and certain types of cancer. Many of these diseases and conditions may be life-threatening.

“People diagnosed with diabetes will not live as long as those without,” stressed McQuade. He added that approximately one third of Caucasian Americans and close to half of Hispanic Americans will be diagnosed with diabetes.

For Naval Hospital Jacksonville’s approximately 2,500 enrolled diabetic patients as well as

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anyone who may be overweight or obese, McQuade wants them to know that there is help.

“Reaching and staying at a healthy weight is a long-term challenge,” he said. “The fundamentals of successful weight-loss include personal commitment and motivation, realistic goals, positive lifestyle changes, healthy eating, physical activity and behavior modifications.”

Establishing realistic goals is an important first step. Healthy lifestyles – while they don’t happen overnight – can improve life, now and into the future. Naval Hospital Jacksonville has many great programs in place to help. Over the next three blogs, I will share the keys to beating obesity and living a healthier life.

**#1: Lifestyle Changes.** Total wellness involves much more than being fit and eating well. It also includes emotional strength, spiritual awareness and fulfilling relationships. Each interacts with the others, powerfully affecting levels of happiness, well-being and life satisfaction. Naval Hospital Jacksonville offers a comprehensive wellness initiative – Challenge 4 Life – that fosters personal growth in these important areas to help support positive lifestyle changes. C4L makes use of the latest research-based information and techniques and offers a wide variety of resources to support an effective holistic approach to wellness.

Each month, Jacksonville’s team of experts guide people through the growth process by issuing challenges in each of the four areas of personal health and by providing weekly goals and resources to help you complete each monthly challenge.

For long-term success be sure to get family and friends involved. It’s also important to balance the energy gained from calories from food and drinks with the energy used in physical activity, to follow a healthy eating plan and learn how to adopt healthy lifestyle habits. For kids, it’s as simple as 5-2-1-0: eat 5 servings of fruits and veggies daily, cut any screen time down to less than 2 hours a day, be active 1 hour a day and drink 0 cans or cups of sugar-sweetened drinks to combat obesity.

Part two of the three part series will run on Tuesday, Jan. 10.

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LauraDrahan  
Good to see that the Naval Hospital Jacksonville is committed to reversing this unfortunate trend and help others. I agree that Lifestyle changes is probably one of the top ways to lose weight, avoid diabetes, and stay healthy, however I believe that many Americans view this as ‘going on a diet’. A culture change in our belief systems can probably help others to adopt a lifestyle change as opposed to going on a diet for reversing and preventing diabetes and obesity.

ลัดหน้าห้อง  
Thanks for the points shared in your blog. Something also important I would like to talk about is that fat reduction is not supposed to be about going on a dietary fad and trying to shed as much weight that you can in a few days. The most effective way to lose weight naturally is by having it slowly but surely and using some basic recommendations which can make it easier to make the most through your attempt to shed weight. You may realize and be following most of these tips, but reinforcing expertise never does any damage.

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Written on JANUARY 10, 2012 AT 8:25 AM by PROSS

# Naval Hospital Jacksonville Hopes To Reverse Alarming Obesity Trend (Part 2 of 3)

Filed under UNCATEGORIZED

{NO COMMENTS}

By Tami Begasse, Naval Hospital Jacksonville Public Affairs

(Part one of three ran on Jan. 3. It addressed the fact that Obesity has surpassed smoking as the primary cause of premature death.)

**Healthy Eating.** A healthy eating plan provides the body needed nutrients. The best rule of thumb: the plan should include enough calories for good health, but not enough to gain weight. Tips include:

- Emphasize fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Include lean meats, poultry, fish, bean, eggs, and nuts.
- Reduce saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
- Cut back on calories.
- In general, having 1,000 to 1,200 calories a day will help most women lose weight safely.
- In general, having 1,200 to 1,600 calories a day will help most men lose weight safely. This calorie range also is suitable for women who weigh 165 pounds or more or who exercise routinely.
- To lose one to two pounds a week, adults should cut back their calorie intake by 500 to 1,000 calories a day.
- For overweight children or teens, it's important to slow the rate of weight gain. However, reduced-calorie diets aren't advised unless you talk with a health care provider.



Naval Hospital Jacksonville's Nutrition Clinic (located in the hospital's Central Tower, first floor, room 1102, 904-542-9786) can help with individual consultations and group classes for weight management, prenatal nutrition, cardiovascular issues and diabetes education. Diabetics can also turn to Naval Hospital Jacksonville's Diabetes Center — one of the top four

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in Navy Medicine. The center (located in the hospital East Annex, first floor, room 1509, 904-542-9178) provides classes, individual education, case management as well as diabetes supplies. The National Heart, Lung and Blood Institute’s “Aim for a Healthy Weight” patient booklet ([www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)) also provides more information about following a healthy eating plan.

**Physical Activity.** Some activity is better than none. The four main types of physical activity are aerobic, muscle-strengthening, bone strengthening and stretching. The majority of physical activity should be moderate to vigorous in intensity, and adults should try to include muscle-strengthening activities as well. The goal is to be physically active every day for one extended period of time, or break it up into shorter sessions of 20, 15 or even 10 minutes. For example, try walking, biking, tennis or an aerobic exercise class. Even energetic house or yard work like gardening, raking, mopping or vacuuming can make a difference. Naval Hospital Jacksonville and Naval Air Station Jacksonville offer numerous classes and programs to help:

- Military and DoD civilians can use the base gym for free. Contractors can use the gym for \$20 a month.
- Walk to Run at 2:30 p.m. on Tuesdays and Thursdays at the Naval Air Station Jacksonville track.
- Activities such as 5K runs take place at Naval Air Station Jacksonville on a regular basis. On Feb. 11, there will be a Valentines 5K at 11 a.m. at the Naval Air Station Antenna Farm.
- Naval Air Station Fitness Center’s new Fight to Be Fit Challenge for active duty begins Feb. 20.

Before undertaking any new exercise program, be sure to talk to your doctor. For more information about fitness programs, call Naval Hospital Jacksonville’s Wellness Center at 904-542-5292.

(Part three will post on Monday, Jan. 17.)

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